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# Community Health News

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# ***JPHCOPH Assess Tween Girls Physical Activity***

February 8, 2013



A collaborative study led by Dr. Moya Alfonso at Georgia Southern University Jiann-Ping Hsu College of Public Health assessed changes in the frequency of self-reported physical activity (PA) among tween girls (age 10-12) exposed and not exposed to the VERB™ Summer Scorecard (VSS) intervention in Lexington, KY, during 2004, 2006, and 2007. VSS provided tweens with incentives for participation in free or low-cost PA options, such as swimming, bowling, rollerblading, laser tag, and sports clinics at community-based facilities. This study compared changes across time (2004 to 2007) in PA among tween girls who were participants and nonparticipants in Lexington's VSS program.

Because PA levels in girls decline with age, practitioners have employed a variety of interventions to offset this decline. Community-based interventions are in demand to help both girls and boys increase their PA levels. Research showed an innovative, community-driven intervention demonstrated promise for increasing PA among tween girls. VSS may have transportability to other communities to help reverse the secular trend of declining PA for this population segment.

To read more, [click here](#).

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